



## These basic items should be in your pack at all times, for all hikes:

Water Bottle~A gallon of water per person per day is recommended.

**Flashlight**~Check to make sure that it works before you leave.

First Aid Kit~Be sure to replace any used items.

**Warm Clothing**~Even during the summer the temperature can suddenly drop.

**Food**~Carry an amount that is appropriate to the length of your hike.

**Medication**~If you require medication, bring it with you.

**Compass/GPS Unit**~Know how to use them.

Map~There are many different types of maps. Use one that is appropriate for your hike.



## These items are not essential, but they are recommended:

**Survival Kit**~You can make your own, or purchase a prepackaged one.

**Pocket Knife or Multi-tool**~A very useful item that always comes in handy.

**Flagging**~Can be used to help searchers find you if you become lost.

Whistle~Also a good way for searches to find you, especially if you are hurt.

**Sun Protection**~A hat and sunscreen can help protect you from heat exhaustion and painful sunburns.

**Emergency Poncho**~A fast approaching storm along with a drop in temperature are the right ingredients for hypothermia.

**Personal Items**~Any toiletries or other items that you can't live without.



## Are you going caving? If so, then you will also need these items:

**Hard Hat**~This will protect your head against low areas of the cave.

**Gloves**~Protects your hands against sharp lava rocks.

**Extra Flashlights**~The National Speleological society recommends at least three flashlights per person for caving.

**Extra Batteries and Bulbs**~Because you can never be too prepared.